

## Robichaud & New Tech High Schools

Week of Nov 28<sup>th</sup> – Dec 2<sup>nd</sup>    Menu Subject to Change

Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Homestyle, Comfort Foods	Chicken Tender Wrap Seasoned Baked Potato Wedges Seasoned Green Beans Chilled Pears Choice of Fat Free Milk	Oven Roasted Turkey Mashed Potatoes w/ Gravy WG Dinner Roll Fruit Crisp Choice of Fat Free Milk	WG Spaghetti w/ Italian Meat Sauce Garlic Toast Seasoned Carrot Coins Applesauce Choice of Fat Free Milk	Chicken & Cheese Quesadilla Refried Beans Chilled Peaches Choice of Fat Free Milk	Sweet & Sour Popcorn Chicken Brown Rice Steamed Oriental Vegetables Fresh Orange Choice of Fat Free Milk
Homemade Cheese Pizza on WG White Crust offered daily!	South of the Border Chicken Pizza  Cheese Pizza	Pepperoni Pizza  Cheese Pizza	Ham & Pineapple Pizza  Cheese Pizza	Veggie Lover's Pizza  Cheese Pizza	Bosco Sticks w/ Tomato Dipping Sauce  Cheese Pizza
Good Food, Fast!	Cottage Cheese & Fruit Platter w/ Crackers Choice of Fat Free	Chicken Caesar Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Chef Salad Platter w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Crispy Chicken Popper Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Turkey Club Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk

**All Lunches Include:** Entrée Choice, 2 – Fruits/Vegetables, Choice of Milk  
All Meals are available to all at no extra charge.

## Robichaud & New Tech High Schools Breakfast Menu

Daily Specials				
Monday	Tuesday	Wednesday	Thursday	Friday
WG Reduced Fat Blueberry Mini Loaf Cheese Stick Apple Juice Choice of Fat Free Milk	WG Cherry Frudel Fresh Locally Grown Apple Choice of Fat Free Milk	WG Mini Maple Pancakes Fresh Orange Choice of Fat Free Milk	Turkey Sausage Patty, Egg and Cheese on a WW English Muffin Orange Juice Choice of Fat Free Milk	Low Fat Strawberry Yogurt WG Goldfish Graham Cracker Petite Banana Choice of Fat Free Milk
Assorted of High Fiber, Reduced Sugar Cereals Available Daily  All cereals include choice of String Cheese, Reduced Fat WG Blueberry Loaf, or Goldfish Graham Cracker  Fruit or 100% Fruit Juice  Choice of Fat Free Milk				

Questions or comments?  
Please call Pam Heintz, Food Service Director at 313-565-6631

Food Service provided by Chartwells

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